

Statistics Report 11080, Beets, raw

Report Date: September 23, 2015 10:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	87.58	--	0.723	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	43	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	180	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein	g	1.61	--	0.140	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.17	--	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.08	--	0.108	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	9.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary	g	2.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sugars, total	g	6.76	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2002
Minerals													
Calcium, Ca	mg	16	--	1.810	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.80	--	0.195	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	23	--	1.834	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phosphorus, P	mg	40	--	4.927	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	325	--	14.960	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	78	--	10.198	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.35	--	0.041	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.075	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.329	--	0.053	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	4.9	--	1.544	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.031	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.040	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.334	--	0.026	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.155	--	0.010	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.067	--	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	109	--	12.313	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	109	--	12.313	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	109	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Choline, total ¹	mg	6.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine ¹	mg	128.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	11082	09/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11082	09/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11082	09/2002
Vitamin A, IU	IU	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11082	09/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11082	09/2002
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	11082	09/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	11082	09/2002
Lipids													
Fatty acids, total saturated	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
16:0	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total monounsaturated	g	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:1 undifferentiated	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fatty acids, total polyunsaturated	g	0.060	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
18:2 undifferentiated	g	0.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phytosterols	mg	25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Amino Acids													
Tryptophan	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.046	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

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Valine	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.428	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.031	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/2002
Flavonoids													
Flavan-3-ols													
(+)-Catechin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epicatechin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epicatechin 3-gallate ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)Epigallocatechin 3-gallate ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin ²	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin ^{3 4}	mg	0.4	--	0.36	0	1.83	--	--	--	--	--	--	--
Flavonols													
Kaempferol ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Myricetin ^{3 4}	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin ^{3 4}	mg	0.1	--	0.13	0	0.67	--	--	--	--	--	--	--
Isoflavones													
Daidzein ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Genistein ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ⁵	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

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³Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992 J. Agric. Food Chem. 40 pp.2379-2383

⁴Lugasi, A., and Hovari, J. Flavonoid aglycons in foods of plant origin I. Vegetables, 2000 Acta Alimentaria 29 pp.345-352

⁵Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M. Assessing phytoestrogen exposure in epidemiologic studies: development of a database (United States)., 2000 Cancer Causes and Control 11 pp.289-298